



INDIVIDUAL STRESS NAVIGATION PLAN

DIRECTIONS: Effective stress navigation doesn't start once stress becomes a distraction—it starts by exploring our available resources while we're still emotionally and physically healthy. To maintain this balance and be prepared for challenging times, take a moment to explore your resources and practices for stress. Fill out your Stress Navigation Plan. You never know when a stress issue may arise, but you'll be prepared with the resources needed to stay mission-ready and build resilience.

WHAT DO I DO WHEN I...

NEED A GOOD LAUGH: _____
[Insert activity]

NEED TO RELIEVE STRESS ON MY OWN: _____
[Insert activity]

NEED TO REENERGIZE MY SPIRITUALITY: _____
[Insert activity]

THINGS I DO TO CARE FOR MY MIND AND BODY:

WHEN I AM NOT ABLE TO SLEEP, I FIND THIS HELPS: _____
[Insert activity]

WHEN I FIND MYSELF THINKING NEGATIVE THOUGHTS, ONE THING THAT HELPS ME REFOCUS ON THE POSITIVE IS:

[Insert activity, thought, process, resource]

TODAY I AM GRATEFUL FOR: _____
[Insert anything, small or big, that you appreciate today]

ONE GOAL I HAVE FOR THE FUTURE IS: _____
[Insert anything, small or big, that you look forward to accomplishing]

ASK CARE TREAT

WHO DO I TALK TO WHEN I ENCOUNTER...

WORK STRESS? _____
[name/relationship/phone number]

RELATIONSHIP STRESS? _____
[name/relationship/phone number]

PERSONAL ISSUES? _____
[name/relationship/phone number]

FAMILY ISSUES? _____
[name/relationship/phone number]

STRESS NAVIGATION RESOURCES

VETERANS CRISIS LINE: 800-273-TALK (800-273-8255) Option 1; Text 838255; or www.veteranscrisisline.net

MILITARY ONESOURCE: 1-800-342-9647 www.militaryonesource.mil

NAVY SUICIDE PREVENTION PROGRAM: www.suicide.navy.mil

NAVY OPERATIONAL STRESS CONTROL www.navynavstress.com , [www.twitter.com/navstress](https://twitter.com/navstress),
<https://www.facebook.com/navstress>

NAVY CHAPLAIN CARE 877-41-TOUCH (877-418-6824) or www.chaplaincare.navy.mil

Life Counts!